

ABSTRACT

Problems to be Solved by the Invention:

Plant sterol is stably dispersed in a water-based food
5 product or emulsified food product without detracting from
the flavor of the food product.

Means for Solving the Problems:

A complex of plant sterol and egg yolk lipoprotein is
provided. This complex can be obtained by stirring and
10 mixing egg yolk liquid and plant sterol (preferably 185 parts
by mass or less of plant sterol per 1 part by mass of egg
yolk solids) in a water-based medium. This complex can be
used in food products as a liquid dispersion or can be used
as a dried powder.